

HOW TO WEAR FTUS

Instructional Guide on How to Wear Field Training Uniforms (FTU)



FULL FTU LIST

- Beret
- Jacket
- Blue Shirt
- Pants
- Belt
- Grey Socks
- Multi-Purpose Boots
- Rank Slip-ons

CARING FOR YOUR FTUS

Your FTUs (Field Training Uniform) will be the main uniform you wear for training. It is important that you take good care of it.

Washing: This is the most important step in caring for your uniform. FTUs can be washed and dried just like regular clothing. Use cold water with mild detergent and dry on medium heat. [50% Nylon & 50% Cotton]



Storing your FTUs: FTUs can be stored just like normal clothes. They must be folded to prevent wrinkles. You can also iron it using a medium setting.

Note: a wrinkled uniform is an ugly uniform! We are always striving to look our best.

Rips, Tears & Stains: If you rip or tear your uniform, please have it sewed. If it is unrepairable, return it to supply for a new one. If you stain your uniform, wash it as soon as possible and use stain remover.

Boots: Maintaining your boots is very important. They must be cleaned and polished just like parade boots. This method is called blackening your boots.

Apply shoe polish to a boot brush (best to use Kiwi brand shoe polish or another leather protector), then rub the polish all over the boot making sure you don't miss a spot.

The holes that your laces go through will wear out, but the way to fix this issue is to take a black sharpie marker and colour the metal. The trench around the boot is a death trap for mud. Clean with warm water and a rag to remove the dirt. Then blacken this part using an old toothbrush and polish. Rub the polish all through the trench of the boot till it's nice and black.



The polish is being applied to the boot. This is called blackening.

LACING YOUR BOOTS

When lacing your boots, remember to make sure the ends of your laces are burned if the aglet is missing.

There are three ways to tie your boots:

Figure A: the Reef Knot

Figure B: the Tied End Bunny Ear Knot

Figure C: the Captain Bar

Bunner Ear knots are to be used for runny shoes only!

Figure A



Figure B



Figure C



Captain Bar: Take your left lace and put it through the top hole on the right side. Then take your right lace and put it through the top hole on the left. Pull both ends really tight. Tuck the leftover lace deep into your boot.

Reef Knot: Take your left lace and cross it over the right lace then loop in under the right lace and pull tight just as you were about to tie a bunny ear knot. Then take the right lace and cross it over the left lace then loop in under the left lace and pull tight. Tuck the leftover lace deep into your booth. **** Note: An easy way to remember this knot is to just remember “LEFT over RIGHT, RIGHT over LEFT” ****

Tied End Bunny Ear Knot: Tie the ends of the laces with a simple knot. Then tie your boots tight with a Bunny Ear Knot (Figure A). Pull the loops so that the ends of the laces get stuck at the knot (Figure B). Tuck the leftover lace deep into your booth (Figure C).



Figure A



Figure B



Figure C

JACKET & PANTS

Jacket: The jacket has many parts to it. The main parts you will need to know are Sleeves, Buttons, Waist String and the Rib High String.



Blue arrows are the Rib High Strings.

Red arrows are the Waist Strings.

Step 1: When you button the Jacket up, you must remember to not button the bottom one and the middle one closest to the Rib High Strings yet.

Step 2: Tie a Bunny Ear knot just tight enough that the rib area of the Jacket is coming closer to your body.

Step 3: Pull the loops till the ends touch the knot. Then put your fingers through both loops and twist them tight.

Step 4: With loops still twisted, put it over and around the Rib High Button and then button up that button.

Step 5: Do the same with the Waist Stings, but after you button the bottom button, you must then tuck the bottom of the Jacket in towards you. (Figure A)



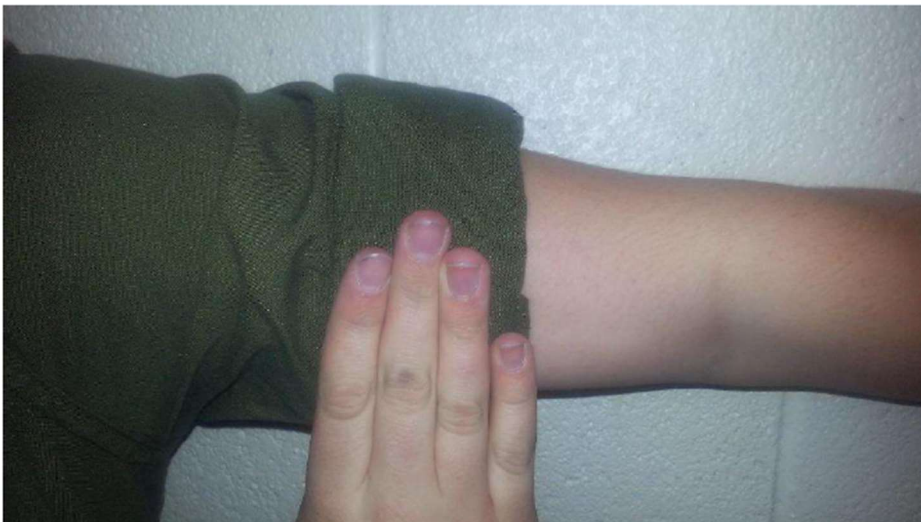
Sleeves: Your sleeves will be presented in either one of two ways depending on the command. There are Down Sleeves (Figure A) and Rolled Sleeves (Figure B).

Rolled Sleeves: The fold must be 4 fingers thick and must be above the bend in your elbow (Figure B).

Figure A



Figure B



Pants: The Pants have fewer parts to them, but they are just as important. The main parts are the Belt, Sand Traps, Socks and Blousing Point.



Blue arrows are the Sand Traps

Red arrows are the blousing point



Silver Slide Buckle Belt

Blousing:

Step 1: With your wool socks on, slip your foot into your boot and tuck the Sand Trap ONLY into the boot.

Step 2: Lace the boot and have the Blousing part of the pants over your boot.

Step 3: You will find two strings at the bottom of your pant leg. Tie the two strings tightly together around your leg at the top part of your boot. Then fold the pants under so it “blouses” over the boot.

The boot on the LEFT is a non-bloused boot and the one on the RIGHT is a properly Bloused boot.



HEADRESS, SLIPS-ON & SOCKS

Headdress: The headdress for FTUs is the beret. Wedges are permitted if berets are not available. Toques are to be worn in the winter when you are outside only. The beret must be formed to your head. See video posted on our website under Supply/Uniform Care.



Rank Slip-ons: You will use your cadet issued Slip-ons.



Socks: The grey socks you have been issued will be what you wear with your boots. **** Note: NEVER wear tube socks because they do not absorb sweat. Your feet will get wet, and this can produce blisters as well as other foot related injuries.**



Please don't be afraid to ask the Senior Cadets if you need help with anything. They will be more than happy to help you!